



सत्यमेव जयते

Ministry of AYUSH

Yogasana as a Competitive Sport

Yogasana as a Competitive Sport

- Government of India took the decision to promote Yogasana as a competitive sport after extensive consultation with the stakeholders over the last 3-4 years.**
- The National Board for Promotion and Development of Yoga and Naturopathy (NDPDYN) of MoA, in its 5th meeting held in July 2019 recommended to recognise Yogasana as a competitive sport.**
- Presently, the Ministry of AYUSH (MoA) & The Ministry of Youth Affairs and Sports (MYA&S) are closely working to establish Yogasana as a competitive sport globally.**

International Yogasana Sports Federation (IYSF)

- An International Yogasana Sports Federation (IYSF) under the Presidentship of Yogrishi Swami Ramdev Ji with Dr. H. R. Nagendra as Secretary General was established on 08-11-2019.**
- The Federation (IYSF) has since been working on the critical steps for establishing Yogasana as a Sports discipline across the world.**

National Yoga Sports Federation (NYSF)

- The National Yoga Sports Federation (NYSF) was established under the presidentship of Dr. I.V. Basavaraddi Director, MDNIY on 21.08.2020.**
- Ministry of Youth Affairs and Sports, GOI vide letter dated 27.11.2020 has recognised NYSF as a National Sport Federation for the promotion and development of Yogasana as a Competitive Sport.**

Automation Scoring System for Yogasana Competitions

- An exhaustive document containing Rules & Regulations and Syllabus of the Yogasana Competitions has been prepared to lay down Yogasana as a competitive sport.**
- The Technical Committee has also made a list of Asanas (Compulsory and Optional Asanas) after exhaustive research from the traditional books of Yoga.**
- A preliminary study on the marking system (Manual and Automated) in the competitions has been made.**
- Work for Automation of scoring system to introduce objectivity in marking has been initiated.**

Events for Men and Women

(Sub-Junior , Junior, Senior)

Proposed Events For both Men and women

1. TRADITIONAL YOGASANA
2. ARTISTIC YOGASANA (SINGLE)
3. ARTISTIC YOGASANA (PAIR)
4. RHYTHMIC YOGASANA (PAIR)
5. FREE FLOW/GROUP YOGASANA
6. INDIVIDUAL ALL ROUND – CHAMPIONSHIP
7. TEAM CHAMPIONSHIP

51 medals have been proposed in 4 events & 7 categories

Yogasana Championships

- A Pilot Championship of Traditional Yogasana by the name of “National Individual Yogasana Sports Championship (Virtual Mode) is proposed to be organised in February 2021.**
- Districts/ State/ National/ World Championships in Yogasana are proposed in 2021.**
- More than 25 state and National Level Yoga/ Yogasana associations/ federations have expressed their willingness to join the initiatives.**
- Further consultation with all other stakeholders is being made.**

Proposed Promotion & Development Activities

- **Development of a patented Electronic Scoring System for the Yogasana Championships in India and globally.**
- **Courses/Certification of Coaches, Referees, Judges and Director of Competition.**
- **Coaching camps for players.**
- **Broadcast friendly packaging of the sport into leagues, shows and competition.**

Proposed Promotion & Development Activities

- Yogasana Tournaments for 51 medal opportunities for men and women.**
- Yogasana players ranking system on the basis of their performance at state, national and international levels.**
- To organize workshops, seminars, conferences and conclaves for the promotion of yogasana as a competitive sport.**
- In every state and country there is a goal to develop academies for the sport as specified and operated with the set guidelines and protocols.**
- To introduce Yogasana as a Sport discipline in School Games, University games, Khelo India, National Games, SAARC Games, Asian Games, Olympic games, etc. and also creating job opportunities for the athletes .**

Proposed Promotion & Development Activities

- **To develop a complete athlete management programmes**
- **To launch yogasana programmes for broadcast and telecast to generate revenue for self reliance**
- **National Yogasana Players/Coaches/Judges directory will be developed to facilitate the information for all stakeholders and public**

Thank You